



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01030, Cheese, muenster

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	41.77	--	0.506	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	368	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1541	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	23.41	--	0.328	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	30.04	--	0.498	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	3.66	--	0.110	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	1.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	717	--	25.274	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.41	--	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	27	--	0.955	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	468	--	9.092	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	134	--	15.673	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	628	--	27.405	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	2.81	--	0.066	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Thiamin	mg	0.013	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.320	--	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.103	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.056	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	12	--	1.680	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	--	1.680	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.47	--	0.092	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	298	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	297	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	1012	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	22	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Lipids													
Fatty acids, total saturated	g	19.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	1.042	--	0.113	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.243	--	0.019	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.275	--	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.586	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.367	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	3.072	--	0.085	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	9.218	--	0.219	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.569	--	0.091	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	8.711	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.973	--	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	7.338	--	0.182	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.661	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.431	--	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.230	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	96	--	3.402	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.327	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.888	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	1.482	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.881	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.829	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.675	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	5.555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003